



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 20052, Rice, white, short-grain, enriched, uncooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	13.29	--	0.675	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	358	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1498	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	6.50	--	0.134	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.52	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.54	--	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	79.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<strong>Minerals</strong>													
Calcium, Ca	mg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	4.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Magnesium, Mg	mg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	76	--	1.168	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	1.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	1.037	--	0.085	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Selenium, Se	µg	15.1	--	5.193	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.565	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Riboflavin	mg	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Niacin	mg	4.113	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Pantothenic acid	mg	1.287	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.171	--	0.017	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	231	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1997
Folic acid	µg	225	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2000

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	389	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.161	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.281	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.538	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.397	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.542	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.153	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.377	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.611	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	1.268	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.306	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													